

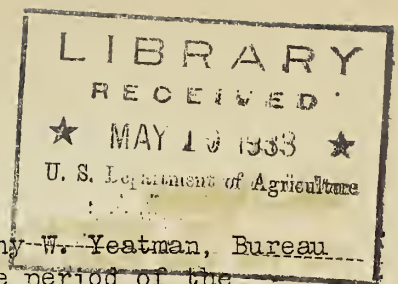
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HOUSEHOLD CALENDAR

Cooking Fish to Conserve Food Value.



An interview between Miss Ruth Van Deman and Mrs. Fanny W. Yeatman, Bureau of Home Economics, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 49 associate NBC radio stations, Tuesday, March 7, 1933.

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MISS VAN DEMAN:

How do you do, Everybody:

Today comes the third of our talks on cooking foods to conserve food value. In days of economic crisis such as these, whether we're forced to or not I think we all want to get every vestige of food value out of every ounce of food that comes into the house. The Bureau of Home Economics here in Washington has for years been studying food and diet and other home problems. The results of this research are yours at all times, but in a time of emergency such as this perhaps you may find them of special help. For one thing, we've worked out low-cost food budgets that will safeguard health. If you want information of this kind, write us.

Our special topic for today is cooking fish to conserve food value. Fish is important for its protein -- protein of the same quality as that in meat, eggs, and milk. Some fish, such as salmon, are also rich in Vitamins A, D, and G. Fish also contributes minerals to the diet. As a source of iodine, for example, salt-water fish and other sea food are unsurpassed. So, it seems there are several reasons why it's well to conserve food values when we cook fish.

I persuaded Mrs. Fanny Walker Yeatman to come over with me and give us the benefit of her laboratory tests and her personal experience. If you'd ever tasted broiled shad as Mrs. Yeatman broils it, you'd know that she combines theory and practice all right.

Mrs. Yeatman, how is it that you always manage to cook fish so perfectly? Your fish is always well done, and tender, and plump; never the least bit dry and shriveled. How do you do it?

MRS. YEATMAN:

Well, I use a moderate temperature. That's the secret. As you said, Miss Van Deman, fish is a protein food. So when I'm broiling or baking, or cooking fish any other way, I keep the temperature moderate for the greater part of the time. The moderate heat allows the fish to cook evenly, keeps the protein tender, and doesn't drive out the juices. To brown the outside, of course, I often have to start with a higher temperature or increase the heat at the end.

MISS VAN DEMAN:

In other words, the scientific principle is the same as in cooking meats, only there are no tender and less tender cuts to bother with. But what about the two types of fish? There are the fat kinds such as mackerel, shad, herring, and salmon. And there are the lean, such as cod, haddock, halibut, flounder, and many of the small fresh-water fish. Does this make any difference in cooking?

(over)

MRS. YEATMAN:

Yes, somewhat. I think that the fat kinds are better broiled or baked. But the lean kinds need fat to give them richness and flavor. So they are better fried or served with a sauce.

MISS VAN DEMAN:

But, Mrs. Yeatman, I'm still thinking about that broiled shad. Won't you tell us just how you fix it?

MRS. YEATMAN:

Well, it's very simple. First, I make sure that all the scales are off. Then I split the fish down the back bone, clean it, and wipe it dry inside and out. Then I spread it, skin side down, on a baking sheet, or on a very shallow roasting pan. I find that a large fish sticks to a broiler rack and is very hard to turn. So I use a flat surface. I don't add any fat to shad, and mackerel and the more oily fish. With a large shad I put it in a moderate oven for 15 or 20 minutes, just long enough to heat it through. Then I put it into the broiler for 15 or 20 minutes more, again at moderate heat. When the fish is nice and brown and evenly cooked I slide it off onto a hot platter, add seasonings and a garnish of parsley and lemon, and it's ready for the table. Small fish are often done by the time they are well browned.

MISS VAN DEMAN:

Mrs. Yeatman, when you are baking fish, what oven temperature do you use?

MRS. YEATMAN:

For baking fish, I believe the oven temperature should be about 350 degrees F. That's a moderate oven. And by the way, in baking a large fish, put it on a rack in the pan just as you would a roast of meat, and don't add water. If the fish itself is not fat and there's danger of it drying out, lay a few strips of salt pork or bacon over the top, or baste it occasionally with melted fat. Filets of haddock with a well-seasoned bread crumb stuffing between and bacon on top are delicious this way.

MISS VAN DEMAN:

And, Mrs. Yeatman, when you cook fish in water, I suppose you simmer, never boil it, if you carry out this same principle of moderate heat?

MRS. YEATMAN:

Yes, that's right. Just the same principle as in making a meat stew. Let it simmer gently, don't let it boil.

When I'm simmering a large piece of fish, say a 2 or 3-pound piece of cod or salmon, before I put it into the kettle I wrap it in a piece of cheesecloth to make it easy to handle without breaking. Then I pour over it barely enough boiling water to cover the fish, add salt to season, cover, and cook very slowly. Fish has no tough connective tissue so it simmers tender very quickly. This is an easy, economical way to cook fish, and I think it's delicious served with a sauce. Egg sauce, that is sliced hard-cooked eggs in white sauce is always good. So is a creole sauce with canned tomatoes and green peppers.

MISS VAN DEMAN:

Yes, any of the fish left over can be easily reheated in the sauce and served on toast. Or used with vegetables in a fish chowder. But, Mrs. Yeatman, we haven't got in a word yet about frying. Somebody will say we've slighted her favorite way of cooking fish.

MRS. YEATMAN:

Well, of course, for pan frying the fat must be hot, when you put the fish in. But once it is browned, I lower the heat and let it cook slowly until it is done. This gives a crisp brown crust and doesn't dry out the fish.

MISS VAN DEMAN:

Well, Mrs. Yeatman, you've certainly brought home the reasons for cooking fish at moderate temperature.

Thank you for coming over.

Now next week, Mr. Beattie and I are going to pool our time and talk about the home vegetable garden.

Goodbye for this time.

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1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes the need for transparency and accountability in all financial dealings.

2. The second part of the document outlines the various methods and techniques used to collect and analyze data. It includes a detailed description of the experimental procedures and the statistical analysis performed.

3. The third part of the document presents the results of the study. It includes a series of tables and graphs that illustrate the findings of the research. The data shows a clear trend of increasing activity over time.

4. The fourth part of the document discusses the implications of the findings. It suggests that the results have significant implications for the field of study and may lead to further research in this area.

5. The fifth part of the document concludes the study. It summarizes the main findings and provides a final statement on the importance of the research.